

Your New Home

Army Community Services (ACS) is a one stop, multi-purpose information center designed to assist the entire Army family. ACS promotes personal and family readiness within U.S. Army Alaska by developing, coordinating, and delivering services that promote self-reliance, resiliency and stability. ACS staff members are available within each unit through the Unit Service Coordinators (USC). USCs can direct anyone to proper on- or off-post services. The Family Resource Center (FRC), a community one-stop welcome center for information and referral services, is available at each installation. FRC staffers strive to promote well-informed, self-sufficient and confident Army families, and to reduce their stress and isolation by linking them quickly with their new community. The FRC also serves as a resource center for unit Family Readiness Group (FRG) volunteers with meeting rooms, a resource library, and equipment such as computers and a copy machine.

The Family Readiness Programs Coordinator spearheads the Army Family Team Building (AFTB), a readiness-training program for the entire Army family, the Army Family

Action Plan (AFAP), and the Mobilization and Deployment Program. Its purpose is to improve overall readiness of the force by teaching and promoting personal and family readiness through progressive and sequential education for everyone, from newcomers to seasoned veterans. Topics vary from military customs and courtesies, to leadership skills and group conflict management. The Mobilization and Deployment Program also promotes self-reliance by educating family members and service members by preparing families for deployment. ACS provides unit family readiness groups and rear-detachment commanders with information and training on strategies for coping with military separation. ACS also provides assistance to prepare units for deployment, such as briefings and information on community resources, financial preparedness, maintaining family relationships, and what to expect when the deployed soldier returns home.

The Relocation Readiness Program provides a wide range of services to relocating families to include the Standard Installation Topic Exchange Service (SITES), which provides an automated database of military

Army Community Services



installations worldwide. Other services include welcome packets, relocation adjustment workshops, pre-move and post-move workshops for newcomers, and cultural-diversity programs. The Relocation Readiness Program also provides a well-supplied Lending Closet for soldiers and families in transition—the closet is stocked with a wide range of kitchen and household items for temporary loan usage.

The Family Employment Readiness Program offers services that maximize opportunities for family members to attain employment. Training on resume writing and interviewing techniques are just a few of the many classes available to ensure family members locate the best possible job. A job bank is also readily available for a review of current job openings on and off post.

The Financial Readiness Program provides budget counseling, debt liquidation, credit information, and checkbook management assistance through individual counseling sessions and community-education classes. Consumer assistance with handling deceptive, illegal and unethical business practices is also available.

The Exceptional Family Member Program provides social services support to family members with special needs. EFMP links Exceptional Family Members to proper services and, upon departure, screen them again to ensure proper services will be in place at the next duty station.

The Family Advocacy Program's mission is to prevent child and spouse abuse through prevention, education and intervention activities such as command education, troop education, parent education and support, community education, youth and safety education, and child/spouse abuse prevention training. The New Parent Support Program (NPSP) reaches out to expectant or new families and/or young families to provide ongoing support services such as educational workshops and ongoing

special events.

The ACS Volunteer Corps augments many of the ACS program areas on an ongoing basis and expands the entire program's service delivery capabilities. Army Community Services provides volunteers with job descriptions, training/orientation, recognition and accounting for time contributed.

Emergency food assistance support is also available at ACS. Soldiers or family members can personally walk in to make requests for emergency food to meet short-term needs. Additionally, the soldier's chain of command (Supervisor, Squad Leader, First Sergeant or Commander), family readiness group leader or chaplain may contact ACS and refer the soldier for assistance.

ACS is a one-stop, multi-purpose information center designed to assist the entire Army family. Whether by individual appointment or on a walk-in basis, a wide variety of resources are readily available in the areas of consumer affairs and personal finance, worldwide relocation, family advocacy, employment assistance, and family readiness support.

ACS at Fort Richardson is located in Bldg 600, on the corner of Fifth and Richardson streets. For more information, call 384-1517 or 384-1518.

ACS at Fort Wainwright is located in Building 3722 on Neely Road. The

reception area has a comfortable customer-seating area equipped with a Children's Play Corner and also a Catalog Corner, which offers a diverse assortment of mail order catalogs for browsing and check out purposes. Easy access is available for Lending Closet check out service with a drive-up loading dock immediately adjacent to the Lending Closet. Call 353-7907 for more information.



Official Photo: TSgt Paul Holcomb

Army Emergency Relief (AER)



Army Emergency Relief provides emergency financial assistance to eligible Army personnel, their families, retirees, widows and orphans. Categories of authorized assistance include, but are not limited to, non-receipt of pay, emergency travel expenses, rent, food, utilities, medical/dental expenses and essential vehicle repairs. AER exists solely for "helping the Army take care of its own." Service is provided after-duty hours by contacting the Command Operations Center at (800) 478-7588.

Fort Richardson's AER can be reached at 384-7478, and Fort Wainwright's AER is at 353-7453.



The ASAP is a command program providing alcohol and other drug-abuse prevention, education, identification, referral and treatment services to soldiers, civilian employees, military retirees and family members. All ASAP services are free of charge and appropriate confidentiality is maintained.

ASAP programs include Prevention and Education Services, Biochemical Testing Services, Risk Reduction Program, Employee Assistance Program (EAP), and the Adolescent Substance Abuse Counseling Service (ASACS). ASAP supports the Community Counseling Center (Substance Abuse Treatment Outpatient Clinic—For Soldiers) and the Drug Abuse Resistance Education (DARE) program provided by the Provost Marshal.

The emphasis of all services is providing prevention and awareness education regarding alcohol and other drugs, reducing the risks associated with alcohol use, deterring and detecting illicit drug use, and providing referral and treatment as necessary.

The Prevention and Education Services provide training, material resources, consultation, special alcohol and other drug-abuse awareness/prevention campaigns, and other assistance to units, agencies and post programs. The goal of the Prevention and Education Program is to promote a comprehensive community-wide prevention program to enhance the post's quality of life.

The Employee Assistance Program (EAP) is available to all civilian employees, military retirees and family members. Personal problems can and do negatively impact job

Drug Abuse Resistance Education (DARE) works directly in the schools teaching students in fifth and sixth grade about the hazards of alcohol and other drug use and how to resist peer pressure. We provide DARE training to other grades based on need and resource availability. The goal is to intervene early and help students formulate healthy attitudes about alcohol and other drugs.



Photo: Brian Lepley

The DARE program is offered in all post elementary schools.

The Community Counseling Center is an outpatient clinic

Army Substance Abuse Program (ASAP)

performance and safety on the job. EAP works with the supervisor, clients, civilian personnel office, and the bargaining unit to restore the employee to effective, satisfactory job performance.

The Installation Biochemical Testing Services performs drug use and alcohol abuse deterrence and detection functions. It provides the commander and/or supervisor with resources to perform urine collection for urinalysis and breath testing for alcohol. All soldiers and selected categories and classes of civilian positions are tested on a regular random basis.

The Adolescent Substance Abuse Counseling Service (ASACS) provides prevention, early intervention and counseling services to military family members ages 12 to 18. ASACS is a proactive program that works with schools, communities and other agencies to identify problems early to reduce the impact on military families. Our services include awareness presentations, assessment, and individual, family and group counseling. If interested, we recommend further consultation with ASACS counselors. Services are confidential.

The Soldier Risk Reduction Program assists commanders in identifying and reducing high-risk behaviors in soldiers. We provide leaders with training in identifying and targeting high-risk behaviors for prevention.

provided by the Medical Command and directed by Bassett Army Community Hospital. Services to soldiers and their families include assessment, evaluation, diagnosis, referral and outpatient treatment for problems with alcohol and other drugs. For those individuals needing inpatient treatment, referrals are made and follow-up service is provided upon completion of treatment.

The Fort Richardson ASAP and Community Counseling Center is in the North End of the basement of Building 1113. The ASAP phone numbers are: Alcohol and Drug Control Officer, 384-1418; Education/Civilian Program Coordinator, 384-1411; Risk Reduction Coordinator, 384-1412; Installation Biochemical Test Coordinator, 384-1416; ASACS Counselor, 384-0134; and Civilian Drug Testing Coordinator, 384-1417. The Community Counseling Center phone numbers are: Clinical Director, 384-7368 and Counselor, 384-7370.

The Fort Wainwright ASAP is on the second floor of Building 1064. The ASAP phone numbers are: Administrative Office, 353-1370; Alcohol and Drug Control Officer, 353-1377; Education/Civilian Program Coordinator, 353-1373; Risk Reduction Program Coordinator, 353-1378; Installation Biochemical Test Coordinator, 353-1375; and ASACS Counselor, 353-1382. The Community Counseling Center (Substance Abuse Treatment Outpatient Clinic—For Soldiers) is on the first floor of Building 1064, 353-9872.

Active duty and reserve component soldiers, their spouses and civilian employees of the Army can use the services of the Army Education Center on their post to advance their education in numerous ways. Examples of specific services include education counseling, credit for experiential learning, Learning Center programs, testing programs, functional academic skills training and Army tuition assistance.

Education counseling, which can help focus vague goals into achievable plans, help identify career interests, point out academic weaknesses needing improvement, provide information on Veterans Administration (VA) education benefits and other financial aid programs, explain how colleges work and how degrees are



Army Continuing Education Center

earned, and give other general education advice.

Credit for experiential learning, a procedure for documenting military training and awarding MOS training, so that a college or university can grant partial credit towards a degree.

Learning Center programs include a wide variety of videos, books, audiotapes and computer-based programs in all areas of self-development from basic academic skills to the most technical computer skills, as well as an MOS Library and enrollment in Army Correspondence Courses. A computer lab with Internet access is available for all customers. Learning Centers are generally open from 7:30 a.m. to 10:30 p.m. weekdays and 9 a.m. to 4 p.m. Saturdays.

Testing programs include tests used as counseling tools to help identify academic weakness as well as career interests and aptitudes. Other tests lead to a state-issued high school-equivalency diploma (GED) or earn credit towards a college degree. Army personnel tests include all those required for reenlistment, retention, and reclassification or for application to various programs such as Warrant Officer Flight Training, Physician's Assistant program, nursing and others.

Functional Academic Skills Training (FAST) classes help soldiers and spouses improve basic reading, language and mathematical skills. The on-duty, no-cost courses help those who need to raise their Armed Forces Classification Test (AFCT) scores, prepare for the GED tests, and assist those needing some "brushing up" before embarking on college-level study.

Army Tuition Assistance (TA) pays up to 75 percent of tuition costs for postsecondary courses for eligible soldiers working towards a degree, certificate or licensure program.

A number of colleges and universities provide courses on-post during the lunch hour, evenings and weekends. Programs include various degrees at the Associate, Bachelors, and Masters Degree levels. At forts Wainwright and Richardson these include the University of Alaska Anchorage, Central Texas College, Wayland Baptist University, University of LaVerne, and Embry-Riddle Aeronautical University. All on-post institutions are fully accredited and belong to the Service members Opportunity Colleges (SOC) association. At both posts there are a multitude of "distance learning" opportunities available as well.



The Fort Richardson Army Continuing Education Center is in Building 658, 384-0970.

Fort Wainwright's Education Center is in Buildings 2110 and 2107, 353-7486.

Family and Youth in U.S. Army

Services Alaska

Child and Youth Services (CYS) include all programs serving children (Youth Services, School Age Services, Child Development Centers, Family Child Care and Supplemental Programs and Services). All CYS programs are developmental, of very high quality, and are fully accredited through the Department of Defense and the National Association for the Education of Young Children and the National School Age Care Alliance, the latter both civilian agencies. Youth Services is a member of the Boys and Girls Club of America (BGCA) and has national affiliations with BGCAs all across the country and overseas.

For information and referral, contact 384-7483 at Fort Richardson, or at Fort Wainwright: Central Registration, 353-7713; or CYS, 353-9545. Any child using CYS programs must pay an annual registration fee of \$15 per child, which is not to exceed \$35 per family. CYS programs are led by Parent Advisory Councils that meet monthly. All parents are invited to attend and provide input. We also invite Parents to visit CYS programs at any time and to

extend their volunteer time and talents to the community children.

Youth Services (YS) offers a wide variety of programs to meet the social, recreational, physical and cognitive development of youth and teens. Programs vary slightly at each post but strive to cover all program areas. Contact the YS for more detailed program information by calling 384-

1508
at Fort
Richardson
and 353-5437
at Fort Wainwright.

The sports program offers health and nutrition workshops; sports clinics; intramural and group sport activities, including t-ball, baseball, softball, indoor and outdoor soccer, basketball, and tackle/flag football; along with a wide variety of adventure activities such as rock climbing and whitewater rafting.

The arts, leisure and recreation program includes classes in arts and crafts, ballet, gymnastics, tae kwon do and piano. The schedule also includes field trips, talent shows, games, pool, videos, carnivals and dances.

Youth Development staff make sure all inbound and outbound youth feel welcome and manage the college scholarship search program. Staff also works with teens in special programs such as Teen Discovery and job fairs, as well as assisting the Torch and Teen Supreme Clubs as they plan future programs and community events.



Courtesy photo

The outdoor adventure program for youths is famous Army wide for its outstanding wilderness opportunities, including hiking, kayaking and snowboarding.

Additional activities include Rent-a-Youth, Promise Passport (a youth volunteer initiative), arts and crafts, dances, cookouts, field trips, work-force preparation, and sports and game competitions.

The Fort Richardson YS is famous Army-wide for its excellent Outdoor Adventure Program, which offers two ski-and-snowboard week-long camps during Christmas and Spring Break and weekly off-post adventure camps during the summer to fishing sites, kayaking and rafting areas, as well as rock climbing and backpacking locations.

Youth Services has programs in three centers at Fort Richardson. The main center on the corner of 6th and Dyea streets houses a large gymnasium, computer lab, teen room, snack bar, and three activity rooms for arts and crafts, and other programs. The outside features areas for picnics, soccer, basketball, and many other activities on the lawn or in the gazebo. Another outside attraction is the Challenge (Ropes) Course with both high and low elements located across the street from the YS Center. A second center is in Building 337 with primarily evening and Saturday activities ranging from martial arts to tumbling. A third location houses a state-of-the-art computer lab and homework center that offers tutoring for all age groups.

Youth Services has programs serving Fort Wainwright in two locations. The main center, with a primary population of teens, is Bldg 4109 on Neely Road across from the hospital. This facility includes a racquetball court, teen weight room, large gymnasium, snack bar, game room, lounges, computer lab, and an outdoor ice rink, which is open during the winter. A second center, the Youth Activity Center, with a primary target of the pre-teen population, has a game room, study room and a computer lab. It is also in this building where instructional classes in gymnastics, dance, martial arts and music are offered.

Child Development Services (CDS) offers care for children ranging in ages from four weeks through 12 years of age in three major systems: Child Development Centers (CDC), Family Child Care (FCC) and Supplemental Programs and Services (SPS).

CDCs offer full day, hourly, preschool, and before and after school care for Kindergartners. FCC offers the same services in certified homes where there are well trained, carefully screened

providers. SPS includes a central registration desk, information about on-and off-post child care programs, family care plan screening, training for babysitters, and arrangement of special child care needs, such as for special unit functions wishing to have child care available on site. Families needing care or having questions about child or youth programs should start by calling the Central Registration Office at 384-7483.

Relocating families should call ahead and make a reservation for care. All CDS programs offer a wide variety of developmental activities of very high quality, which promote the intellectual, social, emotional and physical growth of children.

A typical day in CDS programs includes water play, science and sensory play, outdoor time, dramatic play, creative art, active play with climbing and

Registration Office can answer questions about this program or any childcare needs. Families needing care or having questions about child or youth programs should start by calling the Central Registration Office at Fort Richardson, 384-7483, or 353-7713 at Fort Wainwright.

Family Child Care (FCC) provides an excellent option for parents who find that family housing is a more comfortable setting for their child. FCC providers are an important part of the CDS team and offer equivalent developmental care to that found in child development centers. FCC providers are always needed for families wishing care for their children in a smaller setting and prove to be a wonderful opportunity for spouses who



Youth Center, Fort Wainwright.

Photo: Spec. Nicole Jackosn

balancing, music, and opportunities for story telling and looking at books. Growth in language and socialization is particularly encouraged through family-style dining where nutritious meals and snacks are served. The CDS philosophy is that young children learn best through play and exploration. CDS staffs provide the time and encouragement to ensure children come to the program each day happy to be there. Alaska has a Day Care Assistance Program (DCAP) for families with limited incomes. The Central

wish to remain at home and begin a professional career as a provider. Specialized training is offered on a variety of topics, which include small business practices. Special home categories include infant-toddler homes; school-age homes; special-needs homes; long-term evening and second-shift homes; and hourly care (drop-in) homes. Some homes have achieved an extra mark of excellence by receiving Military Home Accreditation or Child Development Associate credentials.



Ursa Minor Elementary School, Fort Richardson.

FCC outreach staffers are readily available with assistance and can provide immediate resources to get a FCC home started through their extensive Toybrary. The Toybrary includes cribs, art supplies, toys, games and many other resources available for loan to FCC providers at no charge.

FCC provider training includes an in-home family interview, a 40-hour orientation, first aid and cardiopulmonary resuscitation (CPR) classes, and nutrition and health information.

Fire, safety and health inspectors ensure all homes are safe before they begin operation, and a background screening is completed on all family members 12 years and older. Army regulations require that anyone providing regular care in Army quarters must be certified through the FCC office.

Persons interested in joining the FCC team should call or stop by the FCC office at Fort Richardson, 384-1500 (Building 337) or Fort Wainwright, 353-6266 (Building 4176).

Full-Day Care: The hours of operation for full-day care are 6 a.m. to 5:30 p.m. Services are offered Monday through Friday except on federal holidays and some training holidays. At Fort Richardson the full-day center is in Building 6 across from the Shoppette and can be reached at 384-0686. At Fort Wainwright, the full-day care facility is in Building 4024 near the main gate at 600th and Gaffney streets, call 356-1550.

Hourly Care provides drop-in care with reservations accepted two weeks in advance. We accept children for same-day care if space is available or for a family emergency. Identical developmental care and nutrition are provided in Hourly Care as in the rest of CYS. The fee is \$3.00 per hour. On Fort Richardson, the facility is in Building 337 and can be reached at 384-1510. At Fort Wainwright, Hourly Care is in Building

4024 near the main gate at 600th and Gaffney Streets.

Preschool, Toddler Time and Kindergarten Care: Fort Richardson Preschool, Toddler Time and Kindergarten cares are offered in Building 337 and can be reached at 384-1510. Preschool operates from September through May. On Fort Richardson, five-, three-, and two-day morning and afternoon sessions are available. An extended preschool class is also available five, three, and two days a week for five hours each day. Fort Richardson also offers Toddler Time, which is an enrichment program for toddlers aged two to three. Toddler Time operates two days a week for three hours each day. A nutritious snack is served in all preschool and toddler-time classes. Activities center around monthly themes that allow each child to create a love for learning, develop self-esteem, make new friends, and develop to his/her fullest potential. Kindergarten Care provides before- and after- school care programs when school is not in session. Care is offered from 6 to 8:30 a.m. and 3 to 5:30 p.m. when school is in session and 6 a.m. to 5:30 p.m. for teacher in-service days, school closure days and school vacations. Escort to and from school is provided with transportation on bad-weather days.

Drop-in and daily care is also available in all programs for families who do not need monthly care. Breakfast and an afternoon snack are served during the school year with lunch served during full-day sessions.

On Fort Wainwright, Preschool and Kindergarten Care are in Building 4024 near the main gate at 600th and Gaffney Streets. Preschool is offered in morning and afternoon sessions for two or three days a week. Kindergarten care is provided for before and after school along with transportation. The times vary according to the school the child attends.

Schools on Fort Richardson are part of the Anchorage School District. On-post kindergarten through sixth-graders attend either Ursa Major or Ursa Minor elementary schools, depending on housing-area residence. On-post seventh- and eight- graders attend Central School of Science and those ninth- through 12- graders attend Bartlett High School. Families residing off-post should contact the school district to determine which schools service their area. You may contact the school district at 4600 DeBarr Road, Anchorage, Alaska 99504, or call 333-9561.

To enroll in any Alaska public school, students must present immunization records showing vaccination for DT, DPT, or TD, polio, measles (series of two shots), rubella, Hepatitis A (series of three shots), Hepatitis B (series of three shots), and Varicella (chicken pox). A signed physician's statement is required if there are medical reasons a child cannot be vaccinated. In addition, kindergarten students must present birth certificates indicating they will be at least five years old before Aug. 15 of the school year. Physical exams are required for kindergartners. First-graders must present their birth certificates to show that they will be 6 years old before Aug. 15 of the school year.

Schools on Fort Wainwright are part of the Fairbanks North Star Borough School District. On-post kindergarten through sixth-grade students will attend either Ladd or Arctic Light elementary schools, depending on housing-area residence. On-post seventh- and eight-graders attend Tanana Junior High School and those in grades nine to 12 attend Lathrop High School. Families residing off-post should contact the school district to determine which schools service their area. You may contact the school district at 520 Fifth Avenue, Fairbanks, Alaska 99701, or call 452-2000.

Scouting: Boy Scout and Girl Scout troops are available on both posts. Contact Army Community Services: Fort Richardson, 384-1517 and Fort Wainwright, 353-7907 for more information.

School-Age Services (SAS) provides before- and after-school care programs for school-age children when school is not in session. Care is offered from 6 to 8:30 a.m. and 3 to 5:30 p.m. when school is in session and 6 a.m. to 5:30 p.m. for teacher in-service days, school closure days and school vacations. All SAS programs are developmental and recreational in nature with activities ranging from field trips to homework assistance, as well as the opportunity to develop new friendships. Drop-in and daily care is also available in all programs for families who do not need monthly care. Breakfast and an afternoon snack are served during the school year with lunch served during full-day sessions. Parents and youth are welcome to visit the program at any time. Fees are based on family income. Registration for the program is through Central Registration.

Fort Richardson SAS is located in Building 297 and is offered in conjunction with Youth Services. SAS provides escort to and from school with transportation provided on bad-weather days. SAS offers a wonderful camp program in the summer known as Camp Hoowah. Fort Wainwright school-age care is located in Birch School and transportation is provided. The phone number is 353-7394.

Supplemental Programs and Services (SPS) offer a variety of childcare support services for families and agencies of the Fort Richardson community. The Central Enrollment Office, in Building 337, Room 7, is open from 8 a.m. to 5:30 p.m., Monday through Friday. This is a one-stop center where parents can enroll all their children, 6 weeks through 18 years of age, for programs offered by Child and Youth Services (CYS). Children and youth of all ages must enroll before use of service for safety and health purposes. Staff members are available to help parents determine which programs can best meet their family's needs. For those parents needing off-post childcare, the Central Enrollment staff can offer information and referral services. For information regarding enrollment procedures or any other SPS information on Fort Richardson, please call 384-7483; on Fort Wainwright, please call 353-7713.

Children with special medical or educational concerns are referred to the Special Care Team prior to being allowed to attend CYS programs. The primary function of this team is to ensure each child is placed in the environment, which most appropriately meets all of his/her needs. Special emphasis is placed on providing consistency of care for each child in a safe, healthy, non-restrictive environment. Parents are invited to attend and participate in the team meeting scheduled to review the child's needs. Address questions and concerns to the SPS Director.

Short Term Alternate Child Care (STACC) programs and Special Child Care Openings can be made available to meet the surge child-care needs of the community. Surge

care is provided when an excessive number of children need care during a specific time period, such as during a community meeting like the Army Family Action Plan conference or during a special unit function. The SPS Director will also work with the unit or agency to meet special unit child-care needs during any functions, such as a unit ball or field day. For information, please call the SPS Director.

Volunteer Child Care in the Unit Setting (VCCUS) provides training for unit members who volunteer to provide child-care during Family Support Group meetings, fund-raisers and other unit functions. Training should be requested at least four weeks prior to the anticipated need date unless it is an emergency.

The Central Enrollment Office also maintains a teenage babysitter referral list. Teens must be at least 13-years of age and must complete Babysitter Training prior to being placed on the referral list. SPS provides Teenage Babysitter Training classes at least four times each year. If space is available, teens as young as 11-years of age may participate in the training. However, they will not be included on the referral list until after their 13th birthday.





Libraries

Want to pan for gold? Fish the Kenai Peninsula? Make sourdough bread? You can find information on these and many other subjects at your post library. The libraries also have magazines, newspapers, cassettes, compact discs and VHS videos that may be used in the library or checked out. Fort Wainwright also has Nintendo and Sega Genesis games.

Active duty, retired military, civilian employees and their family members may use library programs. Hours vary. Call each library for more information.

If you need information or a specific book not in our collection, let the staff know. Books may be borrowed for you on Interlibrary Loan via the Online Computer Library Center (OCLC) network.

The Fort Richardson Post Library is in Building 5; the telephone number is 384-1648/1640. This extensive library has more than 50,000 items for checkout to include books, books on tape, compact discs, and videotapes.

Its special services include a paperback book swap, books on tape, a copy machine, typewriters, computers with research databases and Internet connections, and stereos and compact disc players for use in the library. Call 384-BOOK for the children's Dial-A-Story.

The Fort Wainwright Post Library is on South Post in Building 3700. Its phone number is 353-2642. Special services include a paperback book swap, books on tape, copy machine, in-house use of computers with software and a laser printer, electric typewriters, a micro-fiche reader/printer for library fiche, a record/compact disc/audio cassette player, video player and a multi-purpose room. There is a limited amount of audiovisual equipment for checkout to include slide and 16mm film projectors and Polaroid cameras. Please call 353-2462 for telephone reference and 353-2643 for the children's Dial-A-Story.

Chapels

Protestant and Catholic worship services, as well as denominational services, are available on both posts. At Fort Richardson, services are in the Main Post Chapel (Richardson Drive and Headquarters Loop). At Fort Wainwright, they are held at Southern Lights Chapel (8th and Neely) and the Northern Lights Chapel (next to Monterey Lake). The Religious Education Program involves a variety of activities, which include weekly CCD classes for Catholics and Sunday school classes for Protestants with ages ranging from nursery school through adult groups. Weekly Bible study groups and other adult religious education are also a vital part of the Post's Religious Education Program. Vacation Bible Schools are an annual event at each post.

The Protestant and Catholic congregations offer a wide variety of activities through the innovative leadership of Chapel Councils. These include adult and children's choirs, bell choir, Catholic and Protestant Women of the Chapel, Christian men's organizations, and many special family and social events.

Chaplains conduct off-post religious retreats for single soldiers, engaged couples, families, youth and married couples. These range from one-day retreats to weekend activities for couples and families, to a week of camp for children and youth during the summer.



Photo: Pfc. Nathan Silvers

Fort Richardson's post chapel.

There are Chaplain Family Life Centers located at Fort Wainwright and Fort Richardson. A Family Life Chaplain has an advanced degree in Marriage and Family Counseling and provides individual, couples and family counseling. Soldiers, couples and their families may contact their unit chaplain, the Family Life Chaplain, or the chaplain from their respective faith group.

A chaplain is on duty at night and weekends to meet emergency needs of anyone seeking assistance. You may reach the Duty Chaplain on both

posts by calling the COC for Fort Richardson and EOC for Fort Wainwright, request to speak to the Chaplain. The numbers are 384-6666 at Fort Richardson and 353-6666 at Fort Wainwright.

The Alaska Post lists a complete schedule of all religious activities. Schedules are also available from the Post Chapels. Call the Main Post Chapel at 384-1461 for information concerning the Fort Richardson Religious Program. For additional information concerning the Fort Wainwright Religious Program, call the Post Chaplain at 353-9825.



North Post Chapel, Fort Wainwright.



Fort Wainwright

Post Exchange Sat.-Fri. 10 a.m.-8 p.m.
356-1345 Sun. 10 a.m.-7 p.m.

PX Barber Shop Mon.-Sat. 9 a.m.-7 p.m.
356-1070 Sun. noon-5 p.m.
Bldg 1021 Barber Shop Mon.-Fri. 9 a.m.-5 p.m.
356-1755

Food Court

353-6006

Anthony's Pizza Mon.-Fri. 10:30 a.m.-8 p.m.
Sat. 11 a.m.-8 p.m.
Sun. noon-6 p.m.

Robin Hood Deli Mon.-Fri. 10:30 a.m.-7 p.m.
Sat. 11 a.m.-7 p.m.
Sun. noon-6 p.m.

Clothing Sales Mon.-Fri. 10 a.m.-6 p.m.
353-6006 Sat. 11 a.m.-5 p.m.
Sun. closed

Shoppette Mon.-Fri. 7 a.m.-midnight
353-7259 Sat.-Sun. 9 a.m.-midnight

Gas Station Mon.-Fri. 7 a.m.-8 p.m.
356-1263 Sat.-Sun. 9 a.m.-5 p.m.

Sports Store Mon.-Fri. 10 a.m.-8 p.m.
356-1215 Sat. 10 a.m.-5 p.m.
Sun. 11 a.m.-5 p.m.

Furniture Store Mon.-Fri. 11 a.m.-7 p.m.
353-2653 Sat.-Sun. 11 a.m.-6 p.m.

Class VI Mon.-Thurs. 11 a.m.-8 p.m.
356-1044 Fri.-Sat. 10 a.m.-9 p.m.
Sun. 11 a.m.-6 p.m.

Burger King Mon.-Fri. 6:30 a.m.-8 p.m.
356-3130 Sat. 6:30 a.m.-8 p.m.
Sun. 11 a.m.-7 p.m.

Commissaries



Fort Wainwright's commissary.

Photo: Sgt. Cecile Cromarte

Despite its distance from the lower 48 states, Defense Commissary Agency (DeCA) commissaries in Alaska stock all the produce, fresh meat, dairy products and other food items you are accustomed to with the express purpose of helping to improve your quality of life and to help stretch your paycheck. The Anchorage Area commissary stocks over 12,000 line items in a nearly new 49,000 square foot supermarket. You'll find a complete deli, bakery and hot foods operation along with a "Grab 'n Go" section to make quick trips a pleasure.

Regularly conducted surveys show commissary customers can

save in excess of 30 percent on their grocery bills. These savings can be supplemented by taking advantage of the blue and yellow "Best Value" shelf talkers, which identify the best value for a particular item in the commissary compared to prices in the local community. In addition, you'll find substantial savings during periodic "Case Lot" sales.

Shoppers may bring guests into the commissary, but you must show a valid ID card at checkout to purchase groceries.

We're confident you'll enjoy your shopping experience and find friendly, knowledgeable and helpful employees to make each trip to the commissary an enjoyable experience. The Anchorage Area Commissary, which serves Fort Richardson and Elmendorf AFB, is co-located with the AAFES PX/BX in the Joint Military Mall on Elmendorf AFB. The commissary's hours of operation are Monday through Saturday 10:00 a.m. to 8:00 p.m. and Sunday 10:00 a.m. to 7:00 p.m.

For more information on features and special events at your local commissary check out www.commissaries.com and click on the locations link and choose the commissary nearest you.

Fort Wainwright's PX.



Photo: Sgt. Cecile Cromarte

Army and Air Force Exchange Service

The Army and Air Force Exchange Service (AAFES) brings a tradition of value, service and support to its 48,000 customers in Alaska. The AAFES mission is to provide quality merchandise and services at uniformly low prices to active-duty military, Guard and Reserve members, military retirees and family members, regardless of where they are stationed, and to donate 100 percent of profits back to our customers for quality-of-life programs and modern shopping facilities.

AAFES is a nonappropriated fund activity (NAF) of the Department of Defense. AAFES funds 98 percent of its operating budget from the sale of merchandise, food and services to customers. In addition to the local facilities, AAFES offers shopping via the Exchange Catalog and at www.aafes.com.



Photo: Brian Lepley

The Joint Military Mall located on Elmendorf Air Force Base, Anchorage, offers a full range of AAFES services.



The commissary at the Joint Military Mall, Elmendorf AFB, Anchorage.

Photo: Brian Lepley

Fort Richardson

Joint Military Mall

Exchange	Mon.-Sat. 9 a.m.-9 p.m.
753-4420	Sun. 10 a.m.-7 p.m.
Clothing Sales	Mon.-Sat. 9 a.m.-9 p.m.
753-4420 ext. 288	Sun. 10 a.m.-7 p.m.
Barber Shop	Mon.-Sat. 9 a.m.-9 p.m.
753-1344	Sun. 10 a.m.-7 p.m.
Shoppette	Mon.-Fri. 7 a.m.-midnight
428-3190	Sat. 8 a.m.-midnight
	Sun. 9 a.m.-midnight
Food Court	
Frank's Franks	Mon.-Sat. 10:30 a.m.-3 p.m.
	Closed Sunday
Anthony's Pizza	Mon.-Sat. 10:30 a.m.-9 p.m.
	Sun. 10:30 a.m.-7 p.m.
Church's Chicken	Mon.-Sat. 10:30 a.m.-9 p.m.
	Sun. 10:30 a.m.-7 p.m.
Robin Hood Deli	Mon.-Sat. 10:30 a.m.-9 p.m.
	Sun. 10:30 a.m.-7 p.m.
Charlie's Steakery	Mon.-Sat. 6:30 a.m.-9 p.m.
	Sun. 10:30 a.m.-7 p.m.
Seattle's Best Coffee ..	Mon.-Sat. 6:30 a.m.-9 p.m.
	Sun. 10:30 a.m.-7 p.m.
Cinnabon	Mon.-Sat. 8 a.m.-7 p.m.
	Sun. 9 a.m.-5 p.m.
Barber Shop	Mon.-Fri. 9 a.m.-7 p.m.
428-1221	Sat. 9 a.m.-5 p.m.
Bldg 602 Barber Shop	Mon.-Fri. 9 a.m.-4 p.m.
428-1229	
Child Care Center	Mon.-Fri. 5 a.m.-8 p.m.
428-1249	Sat. 7 a.m.-7 p.m.
	Sun. 10 a.m.-5 p.m.
Burger King	Mon.-Fri. 6:30 a.m.-9 p.m.
428-2650	Sat. 8 a.m.-6 p.m.
	Sun. 10 a.m.-5 p.m.

Some Alaska soldiers and many family members have part- and full-time jobs. Information concerning the availability of specific federal jobs both on and off post, for several agencies, can be found on the Internet.

A variety of positions are filled through the Civilian Personnel Advisory Center (CPAC) and competition for positions is keen. The higher wage rates paid in the local area coupled with the smaller

Call 753-2824 for information about how to apply for vacancies with the AK District, Corps of Engineers.

Military family members may be eligible for spouse preference and should contact the CPAC upon arrival. In Anchorage, Job Service, located at 3301 Eagle Street, places workers in the private sector. The recorded job-information number is 269-4770. The Anchorage Changer of Commerce is located at 437 E Street, Suite 300, Anchorage, 99501-2365.

Employment

number of jobs available leads to a very competitive labor market.

At Fort Wainwright, contact the CPAC Satellite Office, Building 1555, at 353-7208 for information about civil service jobs, or 353-7203 for information about Non-Appropriated Fund (NAF) jobs, or the Army Community Service Family Member Program coordinator at 353-6267 for assistance in securing employment information and assistance. Information is also available through a state job service. Please write: Alaska Department of Labor, Alaska State Employment Service, P.O. Box 10-10, Fairbanks, AK 99701. The office is in the state building on 7th Avenue in Fairbanks.

At Fort Richardson, the Civilian Personnel Advisory Center (CPAC) is located in Building 602, 1st floor, at the flagpole end. It provides information about civil service and NAF job opportunities. The telephone number is 384-1374 for civil service jobs or 384-1379 for NAF positions. A recorded announcement telling interested applicants where to find information about civil service (i.e. appropriated fund) jobs is at 384-1376.

The CPAC also maintains a Satellite office on Elmendorf Air Force Base (EAFB), which provides CPAC services to the Alaska (AK) District, U. S. Army Corps of Engineers. The CPAC office is located in Building 700-21, EAFB.



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Equal Employment Opportunity

A workplace providing full and fair employment opportunities for the federal government's civilian workforce became law with the Civil Rights Act of 1964. Executive Order 11478, followed by the passage of laws, statutes and amendments, made it unlawful to discriminate in making decisions or treating people differently based on improper reasons of race, color, age, sex, religion, national origin or disability.

U.S. Army Alaska uses a variety of tools to provide full and fair employment opportunities to its military and civilian work forces. Civil rights information for the civilian work force are provided through the Equal Employment Opportunity (EEO) Office at the following locations: Fort Richardson, Building 1, Room 230, telephone number, 384-2034/2080; Fort Wainwright, Building 1555, Room 16B, telephone number, 353-9063. For soldiers, the Equal Opportunity (EO) Program is an integral part of the Army mission. EO Program information can be obtained from the USARAK EO Advisor, located at Fort Richardson, Building 1, Room 234; call 907 384-0336.

The objectives are straightforward. The first is to provide a full and fair opportunity for all employees and applicants for employment, to the extent of their abilities, to pursue a career. The second is to provide for the nondiscriminatory treatment of all employees in the course of carrying out their duties in the work place.

The EEO Office has four programs: Affirmative Employment, Complaints of Discrimination, Training, and Special Emphasis, with a cadre of paid and collateral duty staff to service the civilian work force.

The staff solicits comments and welcomes callers requesting service or advice as well as employees interested in cross-training in the career field of EEO.

Pamphlets, brochures and other publications are available in the EEO offices, explaining the implementation of civil rights in U.S. Army Alaska.

The American Red Cross is mandated by Congress (36 U.S.C.) to provide service to the Armed Forces of the United States. At the same time, Federal law prohibits the Red Cross from using tax moneys to meet its costs in providing these services. Therefore, funds generously donated by the American public directly to the organization and through the Combined Federal Campaign pay for all operating costs. Services provided for military personnel and their families include:

- ♦ Emergency communications

emergency but essential nature that cannot be handled effectively except by the use of Red Cross resources.

- ♦ Financial assistance on behalf of the Aid Societies to meet travel expenses in connection with emergency leave and to meet other emergency needs in selected situations.

- ♦ Referral or information about other appropriate offices, agencies or organizations that provide service to military personnel and their families.

- ♦ An opportunity for military family members to provide service to the military community as a Red Cross



American Red Cross



concerning the death or critical illness of family members.

These emergency messages provide the service member and his family with information about the emergency, and provide military authorities with details necessary to make informed leave decisions in accordance with Army Regulations.

- ♦ Communications to meet other emergency needs in selected situations such as breakdown in childcare plans, Aid Society, loan concurrence, etc.

- ♦ Communications of a non-

volunteer serving in the hospital, clinic or at other post activities.

- ♦ First Aid, Cardiopulmonary Resuscitation (CPR) and Water Safety courses as well as Disaster Services and training.

Contact the local Red Cross station manager or office serving the military community. The 24-hour number for emergency communications is (877) 272-7337.

At Fort Wainwright, the Red Cross office is in Building 1024. For more information, call 353-7234. The Elmendorf Air Force Base office serves Fort Richardson. For more information, call 552-5253.



Veterinary Services



Photo: Spec. Nicole Jackson

The U.S. Army Veterinary Services-Alaska provides veterinary medical care for all DOD installations throughout the state. Direct your questions about policies regarding pets in Alaska to commander, Alaska District Veterinary Command at DSN 353-5452 or commercial (907) 353-5452.

Animal companionship can be especially beneficial to a service family stationed in Alaska, but it should be emphasized that pets are a privilege and keeping them on post entails many responsibilities. Each family is authorized two pets. Pet owners are responsible for the well being of their animals, as well as the sanitation of the environment. Owners who cannot adequately care and maintain their pets will be asked to remove them from the installation. Indoor pets are the easiest to maintain because of the restrictive climate and compactness of the family housing area. Owners of parrots and other birds should contact their local USDA or state agriculture department prior to coming to Alaska to learn the most recent regulations governing movement of these birds through Canada to Alaska.

Veterinary services available include immunizations for rabies and other animal diseases, post registration, health certificate examinations, and sick call with diagnostic and therapeutic procedures for infectious diseases. Boarding, hospitalization, and major surgery are not available. Due to availability of civilian veterinarians in the local communities, and limitations of the military veterinary services, emergency care should be sought off post.

Fort Wainwright's Veterinary Treatment Facility is Building 2062. Personnel may schedule appointments by calling 353-2910, Monday through Friday.

At Fort Richardson, the Veterinary Treatment Facility is in Building 47-811, located on the Davis Highway between Fifth and Sixth streets. Personnel may schedule appointments by calling 384-2865, Monday through Friday.

Spouses Clubs

The Fort Richardson Officers' Wives' Club offers a variety of activities for the spouses of active-duty and retired officers and active-duty female officers. During the year (August-May) there are many opportunities for spouses to engage in activities for enjoyment and service to our local and national communities. There are monthly meetings and participation in activities such as the Alaskan of the Year, Operation Gift, the March of Dimes Mothers' Walk, local elementary schools, and the Boy and Girl Scouts. The club, along with Family Readiness Groups, stages an annual fundraiser, The Country Fair, which raises more than \$25,000. All of the money raised by the club is given back to the community in either scholarships for military high school seniors or college students, scholarships for wives who are returning to college, scholarships for active-duty soldiers, or donated to national organizations, including national and local military organizations. During the month of August, new spouses are invited to join the organization. For more information, please contact the Fort Richardson Officers' Spouses' Club, P.O. Box 5524, Fort Richardson, AK 99505, or call 384-2986.

At Fort Wainwright, for information on the Officers' Spouses' Club or the Enlisted Spouses' Club, you can write to the following addresses: Officers Spouses, PO Box 35054, Ft. Wainwright, AK 99703-0054; or Club Enlisted Spouses Club, PO Box 35051, Ft. Wainwright, AK 99703-0051.

